

STAND UP AGAINST BULLYING & VIOLENCE

Help your friends &
keep our school safe!

- Depression, Anxiety or Other Mental Health Issue
- Suicide Prevention
- Loss/Grief
- Bullying/Cyberbullying
- Drug/Alcohol Problems
- Self-Harm
- Relationship Difficulties
- Any Life Challenge

DOWNLOAD the FREE SafeUT App



- Start a chat with a crisis counselor
- Submit an anonymous tip to your school
- Start a call with a crisis counselor
- View existing chats & tips



utah department of
**human
services**

uofuhealth.org/safeut